



Khoubz: Flat Bread

Basic Ingredients (8 breads/pitas)

- 1 cup all purpose flour (whole wheat)
- 1 cup ground rolled oats
- 3 tablespoons ground flaxseeds
- 1 tablespoon baking powder or dry yeast
- 1/2 teaspoon salt
- 1/2 cup olive oil
- 1 tablespoon raw sugar
- 1 cup plain yoghurt
- Water as needed
- Extra flour for dusting

Variation

- Semolina flour
- Chia seeds,
- Poppy seeds
- Sesame seeds (black and white)
- Garlic
- Spices and herbs
- Almond milk
- Butter
- For rising agent both baking powder and yeast can be used. Allow 2-3 hours extra to rise in the case of yeast, worth the time as taste is unique and may have extra health benefits when sour dough is used

Directions

Mix all dry ingredients in a bowl. Add yoghurt and mix with spatula. Apply olive oil on hands and start kneading by hand. Keep adding oil when needed until dough ball is formed. Cover and rest 20 minutes. Divide into 6-8 pieces. Shape into balls. With a rolling pin flatten the bread. Heat a non stick frying pan on medium heat. Brush oil on one side and place into pan, oiled side in the bottom. Apply oil on the other side before you flip. Cook until golden. Remove and pile the bread one on top of the other. Wrap in a kitchen cloth.



Nutritional values & Recipe

- Provided by P. Tilelis, Executive Coordinator of Fitness-Nutritionist, Office of Athletics
- Recipe: Sophie Themelis, Executive Coordinator, Wellness, Pilates Instructor, ACG Health & Wellness Center

	Total	Per 1 bread
Energy:	956 calories	119 calories
Total fat:	17.3 g	2.16 g
Cholesterol:	25 mg	3.1 mg
Sodium:	1261 mg	157.6 mg
Total carbs:	229 g	28.6 g
Dietary fiber:	28.3 g	3.5 g
Protein:	48.9 g	6.1 g